



Coastrek Sydney 2026 - 50km Event

ROUTE INFORMATION

plotaroute.com

ROUTE LENGTH 47.835 km

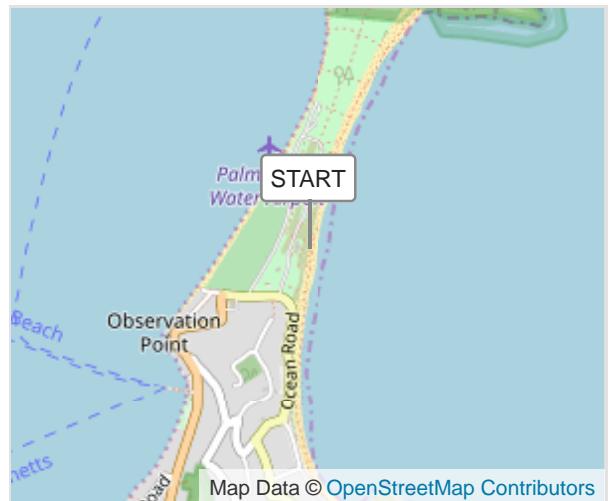
ASCENT 1054 m

DESCENT 1050 m

HILLS **↑ 42.8% | ↓ 42.6% | ➔ 14.7%**

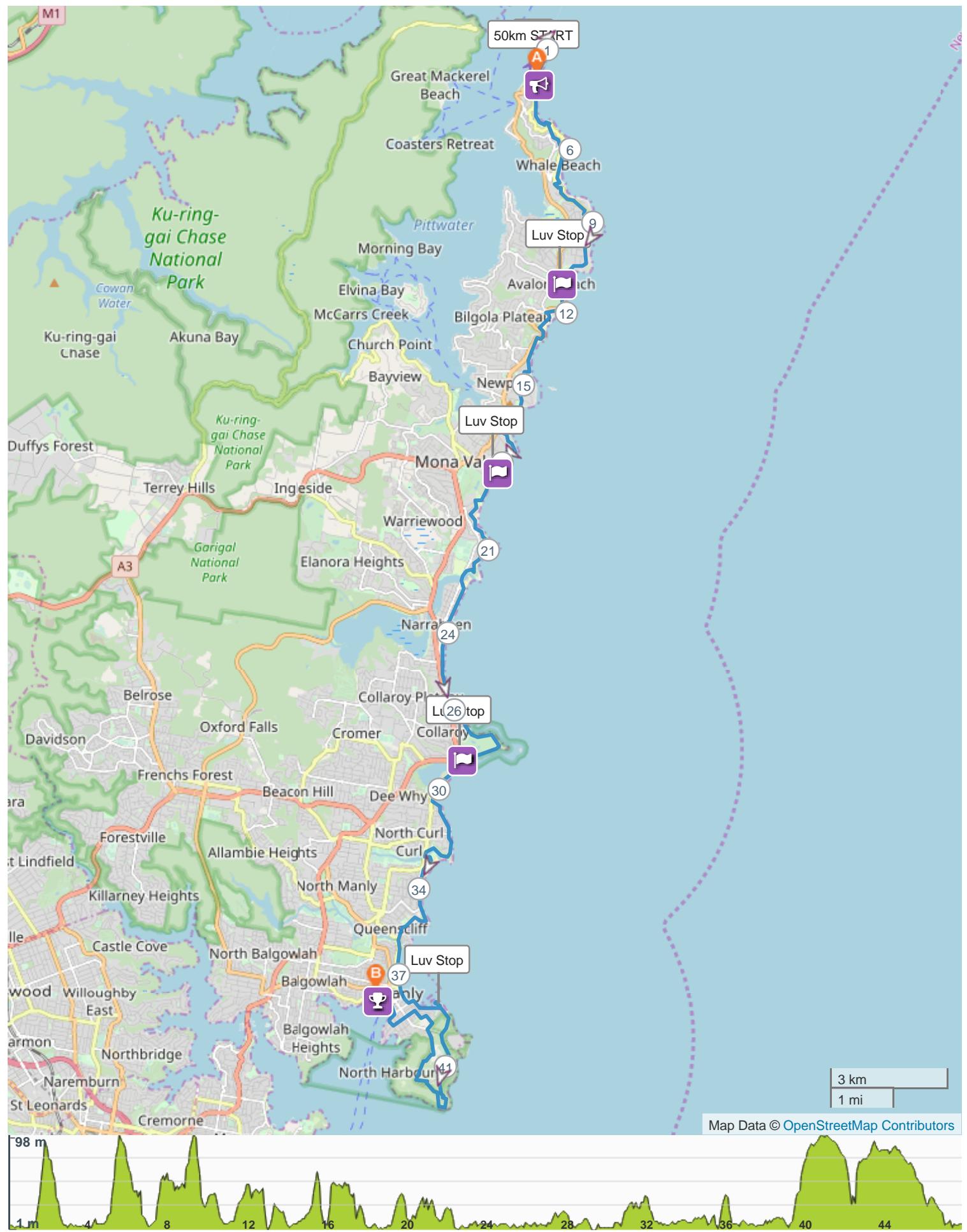
TERRAIN Mixed

START **LAT: -33.591064, LNG: 151.325265**



NOTES

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ROUTE DIRECTIONS

| No | Km | Turn | Directions |
|----|-------|------|--|
| 1 | 0.000 | |  50km Start |
| 2 | 0.009 | | Head north towards Barrenjoey Headland - woohoo! |
| 3 | 0.904 | ⬅ | After 900m on the beach, turn left to exit the beach |
| 4 | 1.163 | ➡ | As you reach the other side of the peninsula, turn right |
| 5 | 1.254 | ↗ | After 90m along the sand, turn right after the house at 1199 Barrenjoey Rd. You will see a sign for Barrenjoey Headland. Take the stairs on your right, to follow the Smugglers Track |
| 6 | 1.727 | ↖ | Turn left onto Barrenjoey Lighthouse Track |
| 7 | 1.738 | | FUN FACT: The Barrenjoey Head Lighthouse is a heritage-listed lighthouse built in 1881 & stands 113 metres above sea-level |
| 8 | 2.485 | ➡ | Keep right towards the house at 1199 Barrenjoey Rd |
| 9 | 2.531 | ↖ | Turn left to follow the coast South on Fishermans Track, along the sand |
| 10 | 2.923 | ↖ | After 390m on the sand, turn left |
| 11 | 3.106 | ➡ | Turn right to walk along Palm Beach. Please keep off Ocean Road as buses / vehicle travel quickly & there are blind corners, so you may not be seen |
| 12 | 4.861 | ↖ | Once you reach the Palm Beach rockpool at the southern end of the beach, ascend the steps above the pool |
| 13 | 5.040 | | When you reach Florida Road, go right for 20m, cross Florida Rd carefully (a traffic marshal will be here to assist you), then turn left to go up a house driveway, named Rockridge. Don't worry that's the right way! |
| 14 | 5.090 | ➡ | Go up driveway for 50m & veer slightly left into smaller driveway (1A Rockridge), then continue to veer left to access a bush track (Public Land sign). Follow the track to Rock Bath Road |
| 15 | 5.431 | ↖ | Turn left onto Pacific Road (Caution! No signpost or footpath!) |
| 16 | 5.772 | ↖ | Turn left on Norma Rd |
| 17 | 6.149 | ➡ | Turn right onto Whale Beach Rd (a traffic marshal will be here to assist you) |
| 18 | 6.502 | ↖ | Turn left down the Public Pathway steps (opposite house number 242 Whale Beach Rd) |
| 19 | 6.612 | ➡ | Turn right to walk along Whale Beach |
| 20 | 7.324 | ➡ | At South end of Whale beach, go up onto the pathway, past toilets & then right onto Malo Road |
| 21 | 7.446 | ↖ | Turn left onto Whale Beach Road, keeping to the footpath |
| 22 | 8.706 | ↖ | Turn left onto Bangalley Head Walking Track, opposite 60 Whale Beach Rd |
| 23 | 9.254 | ➡ | Follow main track up to top of headland. Here there is a vague track intersection (alongside a rock outcrop on LEFT & a sign that reads 'Loop Trail' on its Southern side). Take left fork of the track up over the rock outcrop past a wooden marker-post to the very edge of the cliff-top (Caution! No guard-rail!). This is Blue Tongue Lookout, with incredible views North to Barrenjoey |
| 24 | 9.605 | ↖ | Follow track down to the open grassy area at edge of North Avalon cliff line |

| No | Km | Turn | Directions |
|----|--------|------|--|
| 25 | 9.784 | ⬅ | Turn left onto Marine Pde |
| 26 | 10.566 | ⬅ | Turn left at Avalon Beach carpark and walk down onto the beach |
| 27 | 10.697 | ➡ | Turn right to walk along Avalon Beach |
| 28 | 11.172 | |  Luv Stop - Avalon |
| 29 | 11.243 | ↖ | Exist the Luv Stop & continue up the steps to the headland |
| 30 | 11.528 | | Caution: Be mindful of cars & take care walking alongside Barrenjoey Rd |
| 31 | 12.141 | | Caution: Be mindful of cars & take care walking along Serpentine Rd |
| 32 | 12.644 | ⬅ | Take the stairs down to Bilgola Beach |
| 33 | 13.054 | ⬅ | Exit Bilgola Beach at the SLSC carpark and ascend the wooden stairs to the west (signed as Bilgola South Head) |
| 34 | 13.139 | | Follow the bush path around the Bilgola headland |
| 35 | 13.684 | ↖ | Turn left towards Newport beach |
| 36 | 14.650 | ➡ | Exit the beach & turn right onto Calvert Parade |
| 37 | 14.695 | ⬅ | Turn left onto Myola Rd |
| 38 | 15.444 | | Cross Bungan Head Rd and take the steep driveway towards Bungan Beach |
| 39 | 15.663 | ↗ | Turn right to walk along Bungan Beach |
| 40 | 15.902 | ↗ | Halfway along, turn right to exit Bungan Beach between the dunes. Enjoy the steep driveway! |
| 41 | 16.124 | | Caution: turn left, be mindful of the cars & take care along Barrenjoey Rd |
| 42 | 16.547 | | Turn left at Hillcrest Ave, keeping to the footpath |
| 43 | 17.555 | ⬅ | At the Grandview Pde dead end, turn sharp left to continue on the bush track towards Mona Vale Beach |
| 44 | 17.735 | ↘ | Turn right to walk along Mona Vale Beach |
| 45 | 18.308 | ↖ |  Luv Stop - Mona Vale |
| 46 | 19.123 | ➡ | Exit Mona - Exit Mona Vale beach at the Southern end, at Robert Dunn Reserve |
| 47 | 19.302 | ⬅ | Turn left to follow Narrabeen Park Pde |
| 48 | 19.735 | ⬅ | Turn left & take the stairs down to Warriewood Beach |
| 49 | 19.960 | ↗ | Turn right to walk along Warriewood Beach |
| 50 | 20.143 | ↖ | Exit Warriewood Beach at the Southern end, and ascend the grassy bank to the far (Eastern) corner of the Warriewood SLSC |
| 51 | 20.244 | ↖ | Follow Warriewood walking track past the lookout, through Warriewood Park & towards Turimetta Head lookout |
| 52 | 20.529 | ↖ | On your way up to Turimetta Head the track exits into a small grassy clearing. Stay to the left & follow track out to the Eastern-most point |
| 53 | 21.113 | ⬅ | Veer left to continue around Turimetta Headland |
| 54 | 21.184 | ↖ | Turn left down the stairs towards Turimetta Beach |

| No | Km | Turn | Directions |
|----|--------|---|---|
| 55 | 21.590 | | Exit Turimetta Beach at the Southern end, via the bush track |
| 56 | 21.677 | | Walk through the grassy clearing and continue on the bush track towards Narrabeen Head |
| 57 | 21.961 | ↗ | Turn sharp right to continue on the Narrabeen Headland bush track |
| 58 | 22.086 | ↖ | Turn left to continue on Narrabeen Headland bush track |
| 59 | 22.124 | ↗ | Take the wooden stairs down towards Narrabeen Lake carpark |
| 60 | 22.465 | | Cross Narrabeen Lagoon via the Ocean St footbridge |
| 61 | 22.587 | ↗ | Turn left into the carpark then up the stairs towards North Narrabeen SLSC. |
| 62 | 22.749 | ↗ | Turn right onto Narrabeen Beach - enjoy the walk! |
| 63 | 25.865 | | Exit Narrabeen Beach at the Southern end, just after The Collaroy. Continue along the foreshore concourse |
| 64 | 26.159 | | Turn right up the stairs just before the public toilets towards Stanley & Florence Twilight Reserve |
| 65 | 26.246 | | Continue along the grassy verge immediately East of the houses, towards the stairs descending to Fisherman's Beach/The Basin |
| 66 | 26.627 | | Continue along Fisherman's Beach & past the Long Reef Golf Course clubhouse. Follow footpath & grassy verge to the East end of Long Reef Headland access road |
| 67 | 27.013 | ↖ | Carefully cross the road to join the Bicentennial Walkway (after the carpark) that will take you around Long Reef Headland |
| 68 | 27.443 | ↗ | Veer right to continue on Bicentennial Walkway |
| 69 | 27.790 | ↗ | Veer right to continue on Bicentennial Walkway |
| 70 | 28.290 | | Keep right onto Bicentennial Walkway |
| 71 | 28.357 | | Turn slight left onto Bicentennial Walkway |
| 72 | 28.835 | | Keep left onto Bicentennial Walkway |
| 73 | 28.877 |  | Luv Stop - Long Reef |
| 74 | 28.906 | ↖ | Exit the Luv Stop and head down onto Long Reef Beach towards Dee Why |
| 75 | 30.308 | | Turn left - Turn left along the concourse at Ted Jackson Reserve towards the Luv Stop |
| 76 | 30.406 | ↖ | Exit Dee Why beach & walk along the path towards Dee Why pool |
| 77 | 30.633 | ↗ | Turn right up the stairs after the public toilets and turn right again to follow the coastal footpath |
| 78 | 30.789 | | Turn left onto the bush track around the headland, keeping to the track around the outer edge |
| 79 | 31.803 | ↖ | Keep left onto Cobbers Way |
| 80 | 31.883 | | Follow the path along the lagoon. |
| 81 | 32.075 | ↗ | Turn sharp right onto Cobbers Way |
| 82 | 32.322 | ↖ | Take the path down to the lagoon |
| 83 | 32.356 | ↗ | Follow the track alongside the lagoon |

| No | Km | Turn | Directions |
|-----|--------|------|---|
| 84 | 32.869 | ⬅ | Turn left & walk over Griffin Rd bridge |
| 85 | 32.967 | ⬅ | Turn left to follow the path into the park |
| 86 | 33.187 | | Continue along the path along Curl Curl beach |
| 87 | 34.137 | ➡ | Turn right up the stairs |
| 88 | 34.720 | | At the end of the coastal pathway turn right up the stairs |
| 89 | 34.736 | ⬅ | Turn left at Lumsdaine Dr, keeping to the footpath |
| 90 | 34.850 | ⬅ | Continue on the footpath around the Mackillop carpark |
| 91 | 35.075 | ↗ | Follow footpath to the toilet block and take the stairs to the left towards Freshwater Beach |
| 92 | 35.288 | | Turn left to walk along Freshwater Beach |
| 93 | 35.633 | ⬅ | Exit Freshwater beach at the Southern end, via the windy ramp/stairs to Bridge Rd |
| 94 | 35.862 | | Continue straight on Bridge Rd, over to the Queenscliff lagoon |
| 95 | 36.190 | | Continue on the path following along beach |
| 96 | 37.871 | ⬅ | Keep left past Manly SLSC, to follow the coastal path towards Shelly Beach |
| 97 | 38.780 | ⬅ | Turn slight left onto Bower Street |
| 98 | 38.799 | ⬅ | Turn left and follow the path around Shelly Beach Reserve |
| 99 | 39.302 | ⬅ | Turn left onto Blue Fish Track |
| 100 | 39.482 | ➡ | Turn right onto Blue Fish Track |
| 101 | 39.584 | | Pass through the hole in the sandstone wall, watch your head! Continue on the windy bush path |
| 102 | 39.603 | ⬇ | Turn right onto Blue Fish Track |
| 103 | 40.167 | ⬅ | Cross Bluefish Dr to the other side, then turn left to follow the path that travels alongside Bluefish Dr |
| 104 | 40.284 | | Keep right to continue on the bush path (don't follow Bluefish Dr here, it veers off course!) |
| 105 | 40.428 | | Continue straight at Gunner Rd |
| 106 | 40.522 | ↗ | Keep right onto the Avenue of Honour |
| 107 | 41.263 | | At the fork, keep left to continue on the Avenue of Honour |
| 108 | 41.395 | ⬅ | At the next fork, veer left to continue on the Avenue of Honour |
| 109 | 41.473 | | FUN FACT: this cobblestone avenue was created as a memorial to local soldiers killed in the First World War |
| 110 | 41.748 | ⬅ | Turn left to follow the North Head Scenic Drive |
| 111 | 41.930 | ⬅ | Turn left onto Fairfax Walking Track |
| 112 | 42.522 | ⬅ | Exit the Fairfax Track & walk towards North Head Scenic Dr |
| 113 | 42.816 | ⬅ | Turn left onto North Head Scenic Dr |
| 114 | 43.131 | ↘ | Cross over the pedestrian crossing & turn sharp right onto North Fort Road |
| 115 | 43.153 | ⬅ | Turn sharp left onto the bush track |

| No | Km | Turn | Directions |
|-----|--------|------|--|
| 116 | 43.250 | ⬅ | Turn left onto the trail |
| 117 | 44.092 | ↗ | Keep right towards St Barbaras Ave |
| 118 | 44.394 | ⬅ | Turn left onto North Fort Road |
| 119 | 44.614 | ↗ | Turn slight right onto North Head Scenic Drive |
| 120 | 45.109 | ⬅ | Turn right onto Bluefish Dr, then sharp left onto the trail |
| 121 | 45.316 | ↘ | Turn left through the wall & gate towards St Patrick's |
| 122 | 45.754 | ↗ | Turn right down the stairs |
| 123 | 45.867 | ⬅ | Turn left onto Montpelier Place |
| 124 | 45.885 | ↗ | Turn right onto Reddall Street |
| 125 | 46.042 | ↖ | Turn left onto Addison Rd |
| 126 | 46.699 | ↗ | Turn right onto Stuart St |
| 127 | 46.864 | ↗ | Turn right onto East Esplanade |
| 128 | 46.912 | | Keep left to follow the path down towards Manly Cove past the Manly Yacht Club |
| 129 | 47.108 | | Follow the Manly Cove foreshore past Manly Wharf |
| 130 | 47.797 | ⬅ | Turn left |
| 131 | 47.835 | |  Finish Village - woohoo! |